

Trip Plan

Cotton Tree Full Surf Session

Saturday 25th May 2019

Cotton Tree Bar

Trip Leader:	Gary Forrest	
Trip Leader Qualification:	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> (Sea Guide) <input checked="" type="checkbox"/> (Instructor)	
Phone:	0429876955	
Email:	Gary.forrest1@bigpond.com	
Contact Requirements:	Participants must register their interest prior to the event, and provide the Trip Leader with a contact number.	
Register by:	24 th May 2019	
Date of trip:	25 th May 2019	
Grade of Trip:	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 3	
Event Environment:	<input type="checkbox"/> Dam <input type="checkbox"/> Lake <input type="checkbox"/> Creek <input type="checkbox"/> River <input type="checkbox"/> Estuary <input type="checkbox"/> Bay <input checked="" type="checkbox"/> Ocean <input checked="" type="checkbox"/> Surf	
Brief Description of Activities:	<p>QSKC follows the Australian Canoeing Minimal Environmental Impact Practices Guideline. Refer to Club Policies on the QSKC website for further details.</p> <p>This is a full-on grade 3 surf session on the Maroochy River Bar. Be prepared to carry out rescues and self-rescues amongst the hard stuff! Check with Gary for further details.</p>	
Meeting Time:	9.30 am	
Meeting Place:	Car Park on the western end of the Cotton Tree Aquatic Centre, The Esplanade Cotton Tree. Between Second and Third Avenue's.	
Departure Time:	10.00 am	
Duration:	3.5 to 4 Hours	
Distance:	Approx. 6 Km	
Tide Information:	Low tide 7.23 am: 0.68 m High tide 12.45 pm: 1.16 m	
Suggested Equipment:	<p>Required equipment</p> <ul style="list-style-type: none"> • Sea Kayak with deck lines, enclosed cockpit and spray skirt • Australian or NZ standards approved PFD • Sponge Bailer • Helmet 	<p>Recommended equipment</p> <ul style="list-style-type: none"> • Minimum of 2 Litres of water. • Sun Protective Clothing & Sunscreen. • Insect Repellent. • Footwear suitable for paddling. • Food / Nourishment for duration of trip.
Alternate course and take out points:	<p>Paddlers Requirements</p> <p><i>New members of QSKC are required to attend an AC Basic Skills Award day prior to their first paddle, or hold equivalent AC qualifications.</i></p> <p>Paddlers should have an appropriate level of fitness. Individuals must self-assess their, and their equipment's, ability to participate in this level club event and should consult the trip Leader if any aspect of their suitability requires clarification. Helmets are Mandatory.</p>	



Identified hazards:	<input checked="" type="checkbox"/> drowning	<input type="checkbox"/> hypothermia	<input checked="" type="checkbox"/> dehydration/hyperthermia	<input checked="" type="checkbox"/> surf
	<input checked="" type="checkbox"/> equipment failure	<input checked="" type="checkbox"/> weather change	<input type="checkbox"/> stingers & bites	<input checked="" type="checkbox"/> capsize at sea
	<input checked="" type="checkbox"/> exhaustion & fear	<input checked="" type="checkbox"/> group spread	<input checked="" type="checkbox"/> sea sickness	<input checked="" type="checkbox"/> separation at sea
	<input type="checkbox"/> crocodiles	<input type="checkbox"/> shipping lanes	<input checked="" type="checkbox"/> rocks & gauntlets	<input checked="" type="checkbox"/> boat traffic
	<input checked="" type="checkbox"/> fatigue	<input type="checkbox"/> sea caves	<input type="checkbox"/> land fauna	<input checked="" type="checkbox"/> rough seas
<input checked="" type="checkbox"/> marine life	<input checked="" type="checkbox"/> medical conditions	<input checked="" type="checkbox"/> sunburn	<input checked="" type="checkbox"/> paddle related injuries	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
QSKC Risk Management Policy	I have consulted the QSKC Risk Management Policy with regards to the management of the hazards identified above: <input checked="" type="checkbox"/> (Tick box)			
Emergency Rescue Contact:	Coast Guard Mooloolaba: VHF 16, 21, 67, 73, 80. "callsign Coast Guard Mooloolaba"			
Communication:	<input checked="" type="checkbox"/> Mobile	<input checked="" type="checkbox"/> VHF Radio	<input checked="" type="checkbox"/> whistle	
Safety equipment:	<input type="checkbox"/> EPIRB/PLB	<input checked="" type="checkbox"/> signal mirror	<input checked="" type="checkbox"/> flares	<input type="checkbox"/> torch/glow stick
	<input checked="" type="checkbox"/> spare paddle	<input checked="" type="checkbox"/> tow line	<input checked="" type="checkbox"/> repair kit	<input checked="" type="checkbox"/> first aid kit
Check of other paddlers equipment:	<input checked="" type="checkbox"/> suitability of craft	<input checked="" type="checkbox"/> spray skirt	<input checked="" type="checkbox"/> Life Jacket (L50)	<input checked="" type="checkbox"/> paddle leash
	<input checked="" type="checkbox"/> bailing device	<input checked="" type="checkbox"/> medication	<input checked="" type="checkbox"/> water	<input checked="" type="checkbox"/> footwear

